

Shoreline



City of Seal Beach Classes and Activities • Fall 2013



City of Seal Beach

211 8th Street, Seal Beach, CA 90740 • (562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Gary Miller, District 4
Mayor Pro Tem	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3
Council Member	Michael Levitt, District 5

CITY STAFF

City Manager	Jill Ingram
Administrative Manager	Patrick Gallegos
City Clerk	Linda Devine
Chief of Police	Joseph Stilnovich
Director of Community Development	Jim Basham
Director of Finance/City Treasurer	Victoria Beatley
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Engstrom, ext. 1306
PT Recreation Coordinator	Marquis Lee, ext. 1307
PT Recreation Coordinator	Morgan Wraight, ext. 1344

RECREATION COMMISSIONERS

District 1	Roslyn Bennett
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Craig Powell

MUNICIPAL MEETINGS

Planning Commission

7:30pm; 1st & 3rd Wednesday per month

Environmental Quality Control Board

6:30pm; Last Wednesday/month

Recreation Commission

6:00pm; 4th Wednesday/month

January, February, March, April, May, June,
September, October, November

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HOLIDAY CLOSURES

Labor Day - September 2

Columbus Day - October 14

Veteran's Day - November 11

Thanksgiving - November 28 & 29

Day Light Savings: Fall back on Sunday, November 3

REGISTER **Online**

.SealBeachCa.Gov

The Seal Beach Community Services Department's online registration site is now live! This new site will allow you to register for classes from your home 24/7 and it's FREE! You can browse activities and facilities; view your history, reprint receipts, register for classes, renew your swim pass, print a household calendar and more! If you have registered for any classes, camps, or swim passes through our department, but have not registered online please call the Community Services Department for your user ID & password. Visit ***Register.SealBeachCa.Gov***

City News

City of Seal Beach



Fall 2013

A Message from the City Manager's Office

I have to say that being the City Manager of Seal Beach is rewarding! The job of City Manager is unbelievably challenging (that is good), incredibly fulfilling (that is even better) and a lot of fun. The “fun” comes from my belief in the spirit of our community. I believe a community is created and supported by committed residents, businesses, a City Council and City staff working together to preserve and enhance something special. For us, that ‘something special’ is a strong sense of community and a commitment to excellence. You see it everywhere – in our City services, our schools, our businesses and neighborhoods. It’s what sets Seal Beach apart from other communities!

To encourage and foster this sense of community and commitment to excellence, one of my personal goals has been to communicate with the community. In an effort to strengthen communication from within our organization to the community, we will be updating the City’s website so that residents will more easily find the information they are seeking. The new website will include features that will enhance the overall user experience, particularly by reducing the number of clicks it takes you to get to desired content, such as City Council agendas and live streaming of City Council meetings.

I am also pleased to inform you that the City’s operating and capital budget for fiscal year 2013/2014 was adopted by the City Council in June. The budget maintains core service levels; addresses all new program and project initiatives prioritized by the City Council; and implements measures to promote long-term fiscal stability. These goals can be achieved with a spending plan that still operates within our fiscal means. Careful planning and a diversified local economy have allowed us to balance this budget without reductions in service.

However, even with our impressive financial standing compared to most jurisdictions, the City’s spending patterns will continue to be closely monitored by City staff to ensure that our operating position remains positive. While revenue growth remains positive as the City’s various business sectors continue to pay dividends and property values continue to grow, the economic benefits are being offset by the ever-present threat of state revenue diversions and the sluggish economic recovery throughout the region.

Lastly, I would like to note that each department, without exception, worked exceedingly hard to achieve a balanced budget, and I am proud of our team’s ef-



City Manager Jill R. Ingram

fort. I want to thank the staff from all of our departments who devoted countless hours preparing the Operating Budget and Capital Improvement Plan. Particular appreciation, however, goes to the Finance Department staff for providing the underlying analysis for a host of budget-related issues and for preparing the documents themselves. I also want to thank the City Council for providing positive leadership and direction on behalf of the community – collectively they provided invaluable assistance in shaping the budget. I am confident that the result of this budget effort will be the continuation of high quality public service, an excellent City staff and a secure financial position for our community for years to come.

*Jill R. Ingram
City Manager*

Parks and Community Services Master Plan

For the past year the City of Seal Beach has been working diligently on the creation of a Parks and Community Services Master Plan for the City of Seal Beach. The City has partnered with the experienced firm, Richard Fisher Associates to provide expert knowledge and direction with the project. This is the City's first completed directional document of this nature.

The Master Plan provides a strategic approach to the continuation and development of parks, recreation facilities, recreation activities and services for today and in the future. Its intended purpose is to determine the means and methods for implementing the Community Services Department's responsibilities to insure the department is meeting its vision and mission. The Plan will also align the entire organization around common goals, ensuring that resources allocated follow predetermined priorities. Additionally, the Plan will provide direction to the community for redevelopment, enhancement, and growth of its recreation and park systems, covering a time span of ten years.

The Plan identifies key goals that the public desires in the parks and recreation system and ways to accomplish those goals. In addition, the Plan outlines in detail the recommendations and tactics to act on these recommendations. A comprehensive effort was made to obtain information to serve as the basis for the Plan. The study consisted of data collected from City departments, site evaluations, public opinion surveys and community workshops.

The Master Plan as a whole offers a ten year visionary plan that identifies immediate and long-range goals. The Plan will function as a resource for decision-making to increase service levels provided to the Seal Beach community.

If you have further questions regarding the Parks and Community Services Master Plan, please contact Recreation Manager Tim Kelsey at tkelsey@sealbeachca.gov or call (562) 431-2527 ext. 1341. The Plan is also available for review on the City's website at www.sealbeachca.gov.



Electric Greenbelt



Edison Community Gardens



Arbor Dog Park



Bluebell Park



Seal Beach Tennis Center



Know what should go down the drain that is sewer safe

It's simple, the toilet is only meant to flush the three P's—pee, poop and paper.

Human waste and toilet paper should be the only thing going down the toilet. Unfortunately, over the years, people have turned the toilet into a trash can. From medications and sanitary products to deceased pet fish and cigarette butts, if it fits, people flush it. Flushing these types of items down the toilet causes home pipes to clog, wastes water (up to 5 gallons of water every time you flush) and most importantly can have a huge impact on our sewers and not to mention our ocean. Below is a list of items that people commonly flush that should not be going down the toilet:

Sanitary Products, Paper Towels, Diapers, Baby Wipes and Facial Tissues—are made of materials that don't break down and can cause pipes to clog. The trash is the place for these items.

Prescription Drugs, Over-The-Counter Medications—contain chemicals that you don't want entering the wastewater supply. Keep in mind that sewage is treated and recycled, so we want to keep our wastewater as chemical-free as possible. Our wastewater treatment plants were not designed to remove chemicals from the water. The best way to dispose of items like these is to make them undesirable, such as crushing them and then mixing with coffee grounds, kitty litter or dirt before sealing them in a plastic bag and disposing in the trash.

Kitty Litter—(especially clay kitty litter) will sooner or later clog your pipes, even the ones that claim to be "flushable." Far more problematic is Toxoplasmosis, a parasite found in cat waste that is harmful to marine biology. It's better to keep your cat waste out of wastewater and just put it in the trash.

Condoms and Dental Floss—both cause more problems than you'd imagine. They don't biodegrade and can cause pipes to clog.

Besides the three P's the only other thing that should be going down the drain is what comes out of the faucet.

The toilet is not the only drain that people are using to get rid of unwanted waste; people are also known to use the kitchen sink as a trash can. Since the invention of the garbage disposal, which claims to grind even the hard stuff such as small bones and fruit peels, people have turned the sink drain into a common destination for kitchen waste. Again, as long as it fits, people throw it or pour it down the drain. Letting trash flow and go down the kitchen sink (or any other drain in the house) may cause pipes to clog and can eventually lead to sewage spills that harm the environment. Here is a list of the most common things that people dump into their sinks instead of disposing of them properly:

Fats, Oils and Grease (FOG)—should never be poured down the sink or garbage disposal. FOG sticks to the interior surface of the sewer pipes, hardens over time and eventually may cause sewage to backup and lead to a sewage spill in your home or on our streets. Running hot water as you pour the grease down the drain will not help either. Many people are unaware that pouring hot water and detergent down the drain only breaks up grease temporarily. The best way to get rid of FOG is to let it cool/harden, mix it with other absorbent materials, place it in a bag or container and then throw it in the trash.

Food—should not be flushed down the sink. The best way to get rid of food is to compost what you can and wipe or scrape the remnants in the trash. Use a drain screen in your sink to catch any remaining bits of food as you wash the dishes. Use your garbage disposal sparingly. Using the drain as a dump will have unforeseen consequences of clogging sewer lines and possible backups in your home.

Coffee grounds and eggshells—should be properly disposed of in the trash. Never put them in the garbage disposal. Crushed eggshells and coffee grounds can also be used for making garden compost.

Hair—always seems to make its way past the plug. Hair will catch and stick to other items and is very difficult to get out of piping once it gets in. Keep hair from going into the pipes by using a fine drain screen to catch hair in your bathtub and shower and dispose of it properly in the trash.

Household hazardous materials—such as motor oil, pesticides, paint and solvents should never be poured down the drain. All of these are highly toxic and will cause long term damage to the environment. Dispose of these items by contacting the nearest household hazardous waste collection center where these and other household items can be dropped off. If there is just a little unused paint left, put the can in a safe place (inaccessible to children, pets, or ignition sources) and remove the lid so the remaining contents can dry out. Once the contents have dried out, replace the lid and dispose of the can in the trash or recycler.

Let's keep our wastewater flowing and our oceans clean. Educate yourself and others. Know What 2 Flush and what to put down the drain. Protect our sewers and environment!



■ CLUBS & ORGANIZATIONS

Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts of Orange County	949-461-8800
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Moms Club of Seal Beach-Old Town	www.momscluboldtown.com
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	belinda www.sealbeachartsandcrafts.com
Seal Beach Beauty Pageant	Rosie Ritchie — 562-810-0078
Seal Beach Lions Club	Scott Newton — 562-537-3955
Seal Beach Leo Club	Scott Newton — 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	714-504-6326 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Judy O'Neil 562-598-0718

■ TRASH

Consolidated Disposal	(800) 299-4898 www.consolidateddisposalservice.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-430-2613
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3 (Community Access)	562-596-1404
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527
Ext. 1307	— Adult Sports, General Information & Classes
Ext. 1306	— Brochure/Classes, Instructors, Facility/Park Rentals and Special Event Permits
Ext. 1341	— Athletic Fields, Aquatics, Swim Lessons, Gym Reservations, and Film Permits
Ext. 1344	— Community Garden, Tennis Center, General Information & Class Rosters



City of Seal Beach- Community Services



SealBeachRec



Summer Concert Series 2013

6-8 p.m. • Eisenhower Park

This year's Summer Concert Series schedule, presented by the Seal Beach Chamber of Commerce:

August 14 Debonaires
August 21 Aloha Radio
August 28 Elm Street Band

The Chamber, along with individual band sponsors has made these events free to the public. The concerts will run every Wednesday evening from 6 to 8 pm starting July 10 through August 28 at Eisenhower Park by the Seal Beach Pier. Please do not set up chairs or any other items to reserve spots until after 3 p.m. on the day of the concert. Please contact the Seal Beach Chamber of Commerce at (562) 799-0179 for additional information.



Photo taken in 1969 courtesy of District 3 Council Member, Gordon Shanks

October 6

98th Founders Day Celebration

"Surf, Sun, & Song"

Concert starts at 12:30 p.m. • Eisenhower Park

Join in celebrating the City of Seal Beach's birthday! This year the Founders Day Committee is honoring Rich Harbour a long-time resident, surfer and business man in Seal Beach. Entertainment will include; the Leisure World Band, Oak Choir, and the Los Alamitos Marching Band. Please bring your own chairs! For more information please contact Carla Watson at (562) 598-9294.

December 14

Breakfast with Santa

8-10:30 a.m. • FREE!

Marina Community Center • 151 Marina Drive

First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair!

November 30

Tree Lighting Ceremony

4 p.m. • Eisenhower Park

Visit www.sealbeachchamber.org for event details.

December 6

Seal Beach Holiday Parade

7 p.m. • Parade route is down Main Street

Register at sealbeachlions.com. Registration deadline is November 1. For more information, call 562-537-3955.



Monthly Beach Clean-up

Save Our Beach

3rd Saturday of each month

9 a.m.-12 p.m. • 1st Street Beach

For more information call Kim Masoner at (562) 884-6764.

September 7 & 8

Seal Beach Arts & Crafts Faire

Eisenhower Park

September 7 • 9 a.m.-6 p.m.

September 8 • 9 a.m.-5 p.m.

For more information, visit www.sealbeachartsandcrafts.com.

Exciting Opportunity! Red Car Museum Members Wanted!

Do you love history? Do you love the Red Car Museum? Then come and be a part of the Historical Society. We are looking for enthusiast members to join our team and share our history. We also have a community meeting every other month with interesting speakers. Join us!



Membership Fees:

Youth \$7.00; Single \$15.00; Family \$25.00; Life \$200.00

Baby Sign Language

Shannon Zeeman

Los Alamitos Community Center
10911 Oak Street

Want to know what your baby is thinking? In this class, parent & baby will learn to communicate before baby can speak. You will learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, Mom, Dad & so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

411071-01	3 weeks	Mon	10/7-10/21	9:45-10:30am	Infant- 2yrs	\$40
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Music & Movement

Danuta Klimczak

Seal Beach Senior Center
707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education. No Class 11/29

411061-01	6 weeks	Fri	9/20-10/25	10-10:45am	2 yrs	\$65
411061-02	6 weeks	Fri	9/20-10/25	11-11:45am	3-4 yrs	\$65
411061-03	5 weeks	Fri	11/8-12/13	10-10:45am	2 yrs	\$55
411061-04	5 weeks	Fri	11/8-12/13	11-11:45am	3-4 yrs	\$55

Amiguitos

Gabriela Perez- Ugalde

Los Alamitos Community Center
10911 Oak Street

¡Vamos a jugar! Le's play! Children are immersed in the Spanish language via a unique style of storytelling, music and movement, games and role play, and art. Visit our website for complete class descriptions: www.BamboleoKids.com. Every session is a new experience! Parent participation is required. Please do not bring unregistered siblings to class. \$25 cash material fee payable to instructor for art supplies and three illustrated storybooks (w/English translations), lyrics, and music/storytelling CD to take home. No Class 10/5 & 11/30

411078-01	6 weeks	Sat	9/14-10/26	10:15-11:05am	2-4 yrs	\$68
411078-02	6 weeks	Sat	11/2-12/14	10:15-11:05am	2-4 yrs	\$68

Toddler Express

Reina Rivera

Los Alamitos Community Center- Craft Room
10911 Oak Street

All aboard the fast track to learning in this center based mini-preschool! Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parents can share ideas and develop a support group. Parent participation is required. Please do not bring unregistered siblings. Visit www.monkeysteps.com. \$5 cash supply fee payable to instructor.

411073-01	6 weeks	Wed	9/11-10/16	9:30-10:15am	1-3 yrs	\$72
411073-02	6 weeks	Wed	10/23-11/27	9:30-10:15am	1-3 yrs	\$72

Lil Explorers – I Spy Fall

Reina Rivera

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Let all the Curious Georges and Georgette's come on over to explore and discover unique sensory activities! Class will enhance your child's creativity and development through fun hands-on crafts and environmental concepts. Activities include I spy story time, music, movement, and puppetry. Please do not bring unregistered siblings. Visit www.monkeysteps.com. \$10 cash supply fee payable to instructor.

411074-01	6 weeks	Wed	9/11-10/16	10:30-11:15am	1-3 yrs	\$72
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Lil Rock N' Rollers

Reina Rivera

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Come rock to the music in this creative movement song and dance class designed for our smallest music lovers! Each class will incorporate instrumental jam sessions, musical learning games, stimulating props, creative crafts and a rock star puppet show! Please do not bring unregistered siblings. Visit www.monkeysteps.com. \$10 supply fee payable to instructor.

411075-01	6 weeks	Wed	10/23-11/27	10:30-11:15am	1.5-3.5 yrs	\$72
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Petit Ballerina

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" Proper suede bottom pink ballet shoes required for class. bedroom slippers will not be allowed. No Class 11/20 & 11/27

422023-01	6 weeks	Wed	9/11-10/16	2-2:30pm	3-5 yrs	\$62
422023-02	6 weeks	Wed	10/23-12/11	2-2:30pm	3-5 yrs	\$62
422023-03	6 weeks	Wed	9/11-10/16	6-6:30pm	2.5-4.5 yrs	\$62
422023-04	6 weeks	Wed	10/23-12/11	6-6:30pm	2.5-4.5 yrs	\$62

Pretty Princess Pre-Ballet

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 10/31, 11/21, 11/28

442033-01	6 weeks	Thu	9/5-10/10	3-3:45pm	4-7 yrs	\$62
442033-02	6 weeks	Thu	10/17-12/12	3-3:45pm	4-7 yrs	\$62

Tiny Tappers!

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes and this class will focus on learning the fun rhythms & steps of tap. No Class 11/20 & 11/27

412026-01	6 weeks	Wed	9/11-10/16	2:30-3pm	3-5 yrs	\$62
412026-02	6 weeks	Wed	10/23-12/11	2:30-3pm	3-5 yrs	\$62

Ballet/ Tap Combo

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. Proper suede bottom pink ballet shoes required for class. Bedroom slippers will not be allowed. No Class 11/20, 11/27, 11/21, 11/28

422021-01	6 weeks	Wed	9/11-10/16	3-3:45pm	5-8 yrs	\$62
422021-02	6 weeks	Wed	10/23-12/11	3-3:45pm	5-8 yrs	\$62
422021-03	6 weeks	Thu	9/5-10/10	9:15-10am	2.5-5.5 yrs	\$62
422021-04	6 weeks	Thu	10/17-12/12	9:15-10am	2.5-5.5 yrs	\$62

Ballet/Tap Combo Level 2

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A more intense combo class, focusing on technique, turns, and advanced steps. Previous experience required. No Class 11/20 & 11/27

422022-01	6 weeks	Wed	9/11-10/16	4:30-5:15pm	7-12 yrs	\$62
422022-02	6 weeks	Wed	10/23-12/11	4:30-5:15pm	7-12 yrs	\$62

Musical Theatre Stars

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance and acting! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class. No Class 11/20 & 11/27

422024-01	6 weeks	Wed	9/11-10/16	3:45-4:30pm	5-12 yrs	\$62
422024-02	6 weeks	Wed	10/23-12/11	3:45-4:30pm	5-12 yrs	\$62

Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 10/31, 11/21, 11/28

442034-01	6 weeks	Thu	9/5-10/10	3:45-4:30pm	5-12 yrs	\$62
442034-02	6 weeks	Thu	10/17-12/12	3:45-4:30pm	5-12 yrs	\$62

Gymnastics Level 1

Anne Pennypacker

Marina Community Center- Large Room
151 Marina Dr.

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! No Class 10/31, 11/21, 11/28

411033-01	6 weeks	Thu	9/5-10/10	4:30-5:15pm	6-12 yrs	\$62
411033-02	6 weeks	Thu	10/17-12/12	4:30-5:15pm	6-12 yrs	\$62

Pre-School Gymnastics

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnastics will also improve strength, balance and skills in this fun and fast paced class! No Class 10/31, 11/21, 11/28

411032-01	6 weeks	Thu	9/5-10/10	5:15-5:45pm	4-6 yrs	\$62
411032-02	6 weeks	Thu	10/17-12/12	5:15-5:45pm	4-6 yrs	\$62

Pizza Party

Anne Pennypacker, North Seal Beach Center, 3333 Saint Cloud Dr.

Let's rock around the Christmas tree with some groovy dance moves this holiday season! Join Miss Anne in an evening of games, dancing, storytelling and pizza! Pre-registration required. \$5 material fee payable to instructor- cash only.

442037-01	1 Day	Sat	12/7	5-7pm	All Ages	\$10
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Fall Dance Recital

Anne Pennypacker, McLaugh Campus Auditorium, 1698 Bolsa Ave.

Registration fee for dancers to participate in the recital. Additional costume fee payable to instructor.

411029-01	1 Day	Tue	12/10	6:30-9pm	All Ages	\$10
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Children's Library Programs

at Mary Wilson Library

Kids' Crafts

1st Saturday of every Month
10 a.m.-5 p.m.

Legos in the Library

1st Thursday of the Month
4 - 5:30 p.m.

Teen Advisory Board & Activity

1st Thursday of the Month
5:30-7 p.m.

Book Club for Adults

4th Thursday of the Month
9-10 a.m.
(Third Thursday in Nov & Dec)

Storytime Sessions

September 9-November 26 (No storytime October 14 & November 11)
Mondays or Tuesdays
10:30 or 11:15

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm
Sat: 10am-5pm • Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584.

Kiddie Karate

Gary Pitts
Los Alamitos Community Center
10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class. Meeting with the instructor can be done after class.



411050-01	4 weeks	Tue	10/1-10/22	5:30-6pm	3-6 yrs	\$35
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Beg/Adv Karate

Gary Pitts
Los Alamitos Community Center, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents should remain outside classroom.

422051-01	4 weeks	Tue	10/1-10/22	6:05-6:50pm	7+ yrs	\$40
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Kids Yoga

Renee Ferguson, Beach at Dolphin Ave., Seal Beach

Kids Yoga! Bring children 2-12 (adult supervision required) to the beach for 30 minutes of fun, kid geared instructional yoga. Everyone will need either a mat or a towel and water.

342082-04	1 Day	Sat	9/14	10:30-11am	2-12 yrs	\$10
442082-01	1 Day	Sat	10/19	10:30-11am	2-12 yrs	\$10
442082-02	1 Day	Sat	11/16	10:30-11am	2-12 yrs	\$10

Little Bird Kids Yoga

Jacqueline Asbury
Marina Community Center- Large Room, 151 Marina Dr.

Little Bird Kids Yoga guides children to use their imaginations, breath, and postures to develop health, relaxation and balance through playfulness, while encouraging lifelong healthy habits in a non-competitive, nurturing atmosphere. Please bring a mat and water with you to class. No Class 11/11



411026-01	5 weeks	Mon	9/9-10/7	9-9:30am	2-5 yrs	\$52
411026-02	5 weeks	Mon	10/21-11/25	9-9:30am	2-5 yrs	\$52
411026-03	5 weeks	Fri	9/6-10/4	3:30-4:15pm	5-12 yrs	\$52
411026-04	5 weeks	Fri	10/18-11/15	3:30-4:15pm	5-12 yrs	\$52

BeachFit Kids

Bryce Turner, 10th Street Beach, 10th St @ Ocean Ave.

CrossFit Kids workouts consist of constantly varied, functional movements that deliver an experience that is inclusive and scalable for all kids. CrossFit Kids is a specially designed fitness class for all ages, athletic levels, and all sport programs. Kids will learn the fundamentals of fitness such as the importance of physical activity, proper exercise, healthy eating, and sense of community. All workouts are fun and kids will achieve health & exercise goals and have a sense of accomplishment in their success.

442064-01	4 weeks	Tue & Thu	9/3-9/26	4:15-5:15pm	7-17 yrs	\$75
442064-02	4 weeks	Tue & Thu	10/1-10/22	4:15-5:15pm	7-17 yrs	\$75
442064-03	4 weeks	Tue & Thu	10/29-11/19	4:15-5:15pm	7-17 yrs	\$75

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

Soccer 1

Kidz Love Soccer Staff
Heather Park, Heather St & Lampson Ave.

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

423998-01	7 weeks	Tue	9/17-10/29	3:45-4:30pm	5-6 yrs	\$78
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Tot/Pre Soccer

Kidz Love Soccer Staff
Heather Park, Heather St & Lampson Ave.

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

423997-01	7 weeks	Tue	9/17-10/29	4:30-5:05pm	3.5-5 yrs	\$78
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Mommy/Daddy & Me Soccer

Kidz Love Soccer Staff
Heather Park, Heather St & Lampson Ave.

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

423995-01	5 weeks	Tue	9/17-10/15	5:15-5:45pm	2-3.5 yrs	\$57
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Skatedogs Skateboard and Scooter Class

Adam Cohen
Heartwell Park- Long Beach, 5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. All skaters will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads and a helmet. No Class 11/30

Skateboard:

423150-01	5 weeks	Sat	9/21-10/19	9-10:30am	6-13 yrs	\$125
423150-02	5 weeks	Sat	11/2-12/7	9-10:30am	6-13 yrs	\$125

Scootering:

423150-03	5 weeks	Sat	9/21-10/19	9-10:30am	6-13 yrs	\$125
423150-04	5 weeks	Sat	11/2-12/7	9-10:30am	6-13 yrs	\$125



After School Homework, Sports, and Activities!

Coach Scott Durzo & Awesome Coaching Staff
McGaugh Gym, Fields, and Classroom
1st – 5th Graders

The Total Sport Camp - 33rd Year of The Total Sport Camp!

A \$200 Kid Card is required prior to participation. This fee is directly applied to your child's participation hours at camp. Your Kid Card will need to be "reloaded" throughout the school year based upon level of participation. \$6 per hr (\$4 per/hr each additional sibling), which is deducted from your (pre-paid) Kid Card. A 2-hour minimum is charged each day your child participates. No weekly minimum, you are charged for participation days only. Kid Card valid only for school year 2013-14; not transferrable to next year; no credits on unused portion; not good for summer or any other camp offerings.

The Total Sport Camp is a positive place for homework assistance, after school activities, and sports! Emphasis is placed on learning, good sportsmanship, and encouraging your child to do their best! Participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly if you have any questions: scottdurzo@mac.com.

Dates: We follow the Los Alamitos Unified School Calendar

Time: Immediately after-school 'til 6 p.m.; including all minimum days (12:25 p.m. and Wednesday's at 1 p.m)

Camp Closed: Holidays, staff development days, and student free days.

127010-01	Mon-Fri	8/28/13- 6/12/14	5-11 yrs	\$200
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Westminster ICE

13071 Springdale, Westminster
Fee: \$37/ 4weeks

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)



Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. Pre-registration required through the Community Services Department for all classes. For individual class descriptions, dates, times, and class registration, visit register.sealbeachca.gov.

Coed Beginning Volleyball

Maria Fattal
McGaugh Campus Gym, 1698 Bolsa Ave.

Learn to play volleyball this fall. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games.

433060-01	10 weeks	Sun	9/8-11/10	12-2pm	9-13 yrs	\$150
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Mad Science: Super Science Saturdays

O.C. Mad Science Staff

Marina Community Center- Large Room, 151 Marina Dr.

Science Saturdays, a chance to blow stuff up on the weekends! Come all Jr. Mad Scientists and see fascinating displays, participate in fun hands-on experiments, and make and take home projects. Please BRING YOUR OWN LUNCH, we will provide a snack. All children must be POTTY TRAINED. \$5 materials fee due at the door.

Creepy Chemical Crawlies

427203-01	1 Day	Sat	10/26	10am-2pm	3-12 yrs	\$35
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Wacky Water Winter Fest

427203-02	1 Day	Sat	11/23	10am-2pm	3-12 yrs	\$35
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Readwrite Educational Solutions

Reading Development

Readwrite Ed Solutions Inc. Staff

Fire Station #48- Community Room, 3131 N. Gate Rd



Individualize student's needs. Improves comprehension, vocabulary, spelling and fluency. Specially-trained teachers test, structure and implement your child's program. First day is comprehensive testing. Grade 2-6. No Class 10/31, 11/27, 11/28 Program and testing fee \$35 payable to instructor at the first day of class.

422080-01	4.5 weeks	Wed & Thu	9/25-10/23	3:45-4:40pm	6.5-11 yrs	\$115
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422080-02	4.5 weeks	Wed & Thu	10/24-12/4	3:45-4:40pm	6.5-11 yrs	\$115
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Math Development

Readwrite Ed Solutions Inc. Staff

Fire Station #48- Community Room, 3131 N. Gate Rd



Comprehensive testing identifies skill gaps. Grade level assessments may include primary facts (+ - x ÷), fraction operations, prime numbers, factoring concepts, decimals, algebra, geometry skills. Based on assessments an individualized program is designed to reinforce skill gaps and build student confidence. Grade 2-6. Program and testing fee \$35 payable to instructor at first class. No Class 10/31, 11/27, 11/28

422081-01	4.5 weeks	Wed & Thu	9/25-10/23	4:45-5:40pm	6.5- 11 yrs	\$115
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422081-02	4.5 weeks	Wed & Thu	10/24-12/4	4:45-5:40pm	6.5- 11 yrs	\$115
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SAT Prep & Test Strategies

Readwrite Ed Solutions Inc. Staff

El Dorado Park West Community, 2800 Studebaker Road

This class will provide a practice SAT test, manual, and individualized SAT instruction guaranteed to strengthen areas of weakness and improve your child's score. Your child will be instructed by our top tier teachers in the best studying and test taking strategies. Grade 9-12. Additional program and material fee: \$45 due at first class. More info: 949-263-0633.

422082-01	3 weeks	Sat	10/12-10/26	9am-1pm	14-18 yrs	\$145
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Basic First Aid, CPR, & AED Training

Erik Berg

Fire Station 48- Community Room, 3131 N. Gate Rd

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive a card from the American Safety and Health Institution. There will be a 45 min lunch break, please bring a sack lunch. \$15 book fee payable to instructor at first class meeting. There will be a 45 min lunch break, please bring a sack lunch.

446031-01	1 Day	Sat	9/21	9am-3:30pm	16+ yrs	\$45
446031-02	1 Day	Sat	10/19	9am-3:30pm	16+ yrs	\$45
446031-03	1 Day	Sat	11/23	9am-3:30pm	16+ yrs	\$45

Optimize Your Business

Seth Eaker

Fire Station #48 - Community Room, 3131 N. Gate Rd

If you want easy steps to enhance communication, marketing strategies, optimizing your website, and make more money- this seminar is for you! \$25 book fee due to instructor at first class meeting. Visit www.marketbusinesssolutions.com for more information. No Class 10/17

446092-01	4 weeks	Thu	9/26-10/24	6:30-8pm	18+ yrs	\$100
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Dog Obedience

Khara Knight, Dog Services Unlimited Trainer

Laurel Park,
10862 Bloomfield Street

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 materials fee (includes training manual) to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults. No Class 10/31

466040-01	7 weeks	Thu	9/26-11/14	6:15-7:15pm	9+ yrs	\$86
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Canine Games Agility Course

April Brittsan, Dog Services Unlimited Trainer

El Dorado West
2400 Studebaker Rd.

Looking for fun, exercise and quality time to spend with your canine companion? This course introduces a variety of challenging obstacles, including tunnels, teeter-totter, tire jump, A-frame, dog-walk, bar-jumps and weave poles. Trophies and certificates awarded at fun competition at final meeting. Bring current vaccination records, a lawn chair, and a \$30 material fee to first class, which is an orientation, held WITHOUT DOGS. No previous experience needed, but some on-leash obedience training is helpful. Additionally family members are welcome to attend at no charge (no children under 7 years allowed on the course, please). All classes held on grass median adjacent to the baseball field just north of Willow. Enter the park from Studebaker Rd., first entrance north of Willow, and follow service road toward back of the park, past the baseball fields, towards Willow.

466042-01	7 weeks	Wed	10/2-11/13	6-7pm	12+ yrs	\$85
466042-02	7 weeks	Wed	10/2-11/13	7-8pm	12+ yrs	\$85



iPhones, iPads, I'm Lost

Bob Cohen

Los Alamitos Community Center- Craft Room
10911 Oak Street

There is so much more to do with an iPhone® and an iPad® besides making a phone call, sending text messages and browsing the web! While these gadgets are cool, we first need to figure out how to use them! In this class you'll learn to set-up your iPhone® or iPad® for email, texting, WiFi networks, Bluetooth®, and how to sync with your computer using iTunes, as well as take terrific pictures, send them to friends, install apps and make your iPhone® and iPad® even smarter. This class is for Apple models only. \$20 supply fee payable to instructor.

446035-01	1 Day	Tue	9/24	6:30-9:30pm	18+ yrs	\$38
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Improving PC Performance

Bob Cohen

Los Alamitos Community Center- Craft Room
10911 Oak Street

Speed up your personal computer and keep it free of spyware, virus software and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned." \$20 supply fee payable to instructor.

446034-01	1 Day	Tue	11/12	6:30-9:30pm	18+ yrs	\$38
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Facebook, Twitter, & Social Networking

Bob Cohen

Los Alamitos Community Center
Craft Room
10911 Oak Street



Facebook, Twitter, LinkedIn, and Blogs have changed how people are using the internet. Whether you want to stay in touch with family and friends or learn how to leverage social networking for your business or career, this workshop is designed to give you an understanding of these exciting tools and how each one differs and can be used to its best advantage. Learn how these popular Social Networking sites work, how to set up accounts, find friends, family members, and groups, and how to establish connections using the most popular Social Networking services. \$20 supply fee payable to instructor.

446037-01	1 Day	Tue	10/15	6:30-9:30pm	18+ yrs	\$38
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Needlecrafts

Polly Womack

Los Alamitos Community Center
Meeting Room
10911 Oak Street



Come learn Needlepoint, Tatting, Cross Stitch, Hardanger, Bargello, Embroidery, Whitework, Blackwork, Battenberg Lace, Needlelace, Cutwork, Samplers with a nice group of people to stitch with and a very experienced instructor to help you. Please bring your project to the first class. \$8 material fee payable to the instructor for those interested in Tatting.

446059-01	7 weeks	Wed	9/4-10/16	1-3:30pm	16+ yrs	\$35
446059-02	7 weeks	Wed	10/23-12/4	1-3:30pm	16+ yrs	\$35

Love Your Skin for Life

Vicki Bolger
Los Alamitos Community Center- Meeting Room
10911 Oak Street



If you are in your 20's, 30's, 40's, 50's + ...then this workshop is for you. This workshop will identify your skin type and how to deal with it, education on essential steps to achieving and maintaining great skin. Students will participate in hands-on demonstration and Q & A. \$10 skin care booklet payable to instructor at class.

445030-01	1 Day	Wed	9/11	7-9pm	18+ yrs	\$20
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Beauty Bar Color Workshop

Vicki Bolger
Los Alamitos Community Center- Meeting Room
10911 Oak Street



The workshop goal is to teach you how to achieve a flawless and glamorous look custom just for you. We will begin with skin care to prepare your canvas and then we will identify your face and eye shapes to learn how to apply color make up to enhance your facial features. Class will include many make up techniques and tips, what's up with brushes, what primers do and many other questions you may have about why your make up doesn't look like the model in the picture. \$10 color techniques booklet payable to instructor at class.

445031-01	1 Day	Wed	10/9	7-9pm	18+ yrs	\$20
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Holiday Color Makeover

Vicki Bolger
Los Alamitos Community Center- Meeting Room
10911 Oak Street



Celebrate this holiday season with a color makeover! Your makeover will include advanced skin care and you will identify your face and eye shapes in order to learn how to apply color cosmetics. This workshop is a combination of skin care and color cosmetics. No faces are the same, so it is important to learn how to enhance yours! \$15 skin care and color techniques booklet payable to instructor at class.

445032-01	1 Day	Wed	11/6	7-9pm	18+ yrs	\$20
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Financial Workshop for Individual Investor

Ryan McLaughlin
Los Alamitos Community Center- Activity Room #1, 10911 Oak Street



This is an educational course designed to provide participants with a greater understanding of financial and investment topics. It contains four core sessions with flexibility for alternate topics. Come learn more about investment terms as well as develop a financial strategy for retirement. \$20 material fee payable to instructor at the first class.

445040-01	2 weeks	Tue	10/8-10/15	6-8:30pm	18+ yrs	\$35
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Adult Hip Hop

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor! No Class 11/20 & 11/27

442028-01	6 weeks	Wed	9/11-10/16	8:15-9:15pm	18+ yrs	\$65
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442028-02	5 weeks	Tue	10/22-12/10	8:15-9:15pm	18+ yrs	\$55
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Argentine Tango

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milonguero, milonguera" within! No Class 11/19 & 11/26

442038-01	6 weeks	Tue	9/10-10/15	8:15-9:15pm	18+ yrs	\$65
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442038-02	5 weeks	Tue	10/22-12/3	8:15-9:15pm	18+ yrs	\$55
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Adult Tap

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. No Class 10/31, 11/21, 11/28, 11/19, 11/26

Level 1

442026-01	6 weeks	Thu	9/5-10/10	7:15-8pm	18+ yrs	\$65
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442026-02	6 weeks	Thu	10/17-12/12	7:15-8pm	18+ yrs	\$65
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Level 2

442026-03	6 weeks	Tue	9/3-10/8	7:30-8:15pm	18+ yrs	\$65
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442026-04	5 weeks	Tue	10/15-12/3	7:30-8:15pm	18+ yrs	\$55
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Nightclub Two Step

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Learn the basics as well as more complex patterns of this popular dance. Find out why its such a favorite! *Partner not needed.*

442025-01	6 weeks	Wed	9/11-10/16	8:45-9:45pm	18+ yrs	\$65
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Swing!

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

This class is designed to teach all levels of dancers how to dance at any social event of club, this class will cover the moves of the hustle & various styles of swing dance. Learn basic to complex (guys!) and follows (ladies!) to get your disco feet ready! Partners are not necessary. No Class 11/2 & 11/27

444022-01	6 weeks	Wed	10/23-12/11	8:45-9:45pm	18+ yrs	\$65
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Adult Ballet/Jazz

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. No Class 10/31, 11/21, 11/28

442040-01	6 weeks	Thu	9/5-10/10	8-9pm	18+ yrs	\$65
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442040-02	6 weeks	Thu	10/17-12/12	8-9pm	18+ yrs	\$65
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Halloween Ballroom Party

Anne Pennypacker, North Seal Beach Center, 3333 Saint Cloud Dr.

Come dressed in your best...costume that is- and learn some fun new moves! A dance party to remember, full of games and prizes and monsters on the dance floor.

442024-01	1 Day	Sat	10/26	7:30-9:30pm	18+ yrs	\$15
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Jazzercise

Martha Maguire

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 11/28 (PM Class Only)

North Seal Beach Center, 3333 St. Cloud Dr.

442044-01	6 weeks	Mon & Wed	9/4-10/9	6-7pm	13+ yrs	\$65
442044-02	6 weeks	Mon & Wed	10/14-11/20	6-7pm	13+ yrs	\$65
442044-03	6 weeks	Mon & Wed	11/25-1/1	6-7pm	13+ yrs	\$65

Marina Community Center- 151 Marina Dr.

442042-01	6 weeks	9/3-10/12	Tue/Thu Tue/Thu Sat	6-7pm 8-9am 8:30-9:30am	13+ yrs	\$85
442042-02	6 weeks	10/15-11/23	Tue/Thu Tue/Thu Sat	6-7pm 8-9am 8:30-9:30am	13+ yrs	\$85
442042-03	6 weeks	11/26-1/4	Tue/Thu Tue/Thu Sat	6-7pm 8-9am 8:30-9:30am	13+ yrs	\$85

Tai Chi Chih I

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave.

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness. No Class 11/11

442073-01	5 classes	Mon	9/9-10/7	6:40-7:40pm	16+ yrs	\$42
442073-02	5 classes	Mon	10/14-11/18	6:40-7:40pm	16+ yrs	\$42

Tai Chi Chih II

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave.

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within while promoting wellness. No Class 11/11

442077-01	5 classes	Mon	9/9-10/7	5:30-6:30pm	16+ yrs	\$42
442077-02	5 classes	Mon	10/14-11/18	5:30-6:30pm	16+ yrs	\$42

Flow Yoga

Renee Ferguson

Beach at Dolphin Ave., Seal Beach

Geared towards all yoga levels. Emphasis on Vinyasa, core, & balancing. Please bring a mat or towel and water. Pay \$15 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442081-01	12 weeks	Tue-Thu	9/3-11/21	9-10am	18-80 yrs	\$324
442081-02	4 weeks	Tue-Thu	9/3-9/26	9-10am	18-80 yrs	\$130
442081-03	5 weeks	Tue-Thu	10/1-10/31	9-10am	18-80 yrs	\$162
442081-04	3 weeks	Tue-Thu	11/5-11/21	9-10am	18-80 yrs	\$98

Hatha Yoga

Suzy Hazard

Seal Beach Senior Center

707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 11/5

442070-01	10 weeks	Tue	9/3-11/12	5:30-6:45pm	18+ yrs	\$77
442070-02	4 weeks	Tue	11/26-12/17	5:30-6:45pm	18+ yrs	\$32

Pilates Intermediate

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience.

442069-01	5 weeks	Mon	9/2-9/30	11:30am-12:30pm	18+ yrs	\$52
442069-02	6 weeks	Mon	10/14-11/18	11:30am-12:30pm	18+ yrs	\$62
442069-03	4 weeks	Mon	11/25-12/16	11:30am-12:30pm	18+ yrs	\$42

Pilates Advanced

Patricia Griswold

Seal Beach Senior Center

707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met.

442071-01	5 weeks	Fri	9/6-10/4	1:15-2:15pm	18+ yrs	\$52
442071-02	6 weeks	Fri	10/18-11/22	1:15-2:15pm	18+ yrs	\$62
442071-03	3 weeks	Fri	12/6-12/20	1:15-2:15pm	18+ yrs	\$32

Zumba Fitness

Marika Huelskamp

Marina Community Center- Large Room

151 Marina Dr.



Zumba Fitness uses dance workouts to upbeat Latin and world rhythms. Just shake, sweat, and tone at your own pace with your own style. It's perfect for all levels of dance and anyone wanting to get or stay in shape. Zumba Fitness allows you to stay healthy, be happy, and have fun! Pay \$12 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442090-01	5 weeks	Mon	9/9-10/7	7:30-8:30pm	18+ yrs	\$50
442090-02	5 weeks	Mon	10/21-11/18	7:30-8:30pm	18+ yrs	\$50
442090-03	5 weeks	Wed	9/11-10/9	7:40-8:40pm	18+ yrs	\$50
442090-04	5 weeks	Wed	10/23-11/20	7:40-8:40pm	18+ yrs	\$50

REGISTER  **SealBeachCa.Gov**



Aikido for Adults

Steve Wasserman
North Seal Beach Center, 3333 Saint Cloud Dr.

This course focuses on the art of "Aikido" self-defense. Aikido translates to "the way of harmonizing the spirit". Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased separately (\$40-\$65). Belt testing is an optional \$40. All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced 9:30- 11am. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442050-01	13 weeks	Mon & Wed	9/2-11/27	7:30-9:30pm	18+ yrs	\$141
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Beach Boot Camp

Bryce Turner
10th Street Beach, 10th St @ Ocean Ave.

Join Seal Beach's exclusive Beach Boot Camp, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout, just in time for the New Year! CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442062-01	6 weeks	Sat	9/7-10/12	8-9am	12+ yrs	\$99
442062-02	6 weeks	Sat	10/19-11/23	8-9am	12+ yrs	\$99

BeachFit Moms

Annika Turner
Seal Beach Pier, Main Street and Ocean

Join Seal Beach's effective BeachFit Moms' program taught by certified Beach Fitness personal trainers. BeachFit Moms is a female focused workout in an environment that promotes healthy living for women, their pregnancies and their children. BeachFit moms was created with the idea of getting results by focusing on the 5 major components of fitness. Through Strength, Endurance, flexibility, Nutrition, and Mind Body connection you will learn how to live a healthier and more fit life. Pay \$10 per class online at register.sealbeachca.gov or indicate your date preference on the registration form.

442063-01	4 weeks	Mon/Tue/Thu/Fri	9/3-9/27	9:30-10:30am	18+ yrs	\$129
442063-02	4 weeks	Mon/Tue/Thu/Fri	9/30-10/25	9:30-10:30am	18+ yrs	\$129
442063-03	4 weeks	Mon/Tue/Thu/Fri	10/28-11/22	9:30-10:30am	18+ yrs	\$129

Open Gym Volleyball

Maria Fattal
McGaugh Campus 1698 Bolsa Ave.

This program is for individuals looking to play extra volleyball games on a recreational level. The gym and play is supervised. Multiple courts are available based on skill level. Please bring your own ball. For more information call (562) 431-2527 x1341. Pre-registration required. Register online at register.sealbeachca.gov.



443060-01	1 Day	Wed	9/4	7-9:30pm	18+ yrs	\$4
443060-02	1 Day	Wed	9/11	7-9:30pm	18+ yrs	\$4
443060-03	1 Day	Wed	9/18	7-9:30pm	18+ yrs	\$4
443060-04	1 Day	Wed	9/25	7-9:30pm	18+ yrs	\$4
443060-05	1 Day	Wed	10/2	7-9:30pm	18+ yrs	\$4
443060-06	1 Day	Wed	10/9	7-9:30pm	18+ yrs	\$4
443060-07	1 Day	Wed	10/16	7-9:30pm	18+ yrs	\$4
443060-08	1 Day	Wed	10/23	7-9:30pm	18+ yrs	\$4
443060-09	1 Day	Wed	10/30	7-9:30pm	18+ yrs	\$4
443060-10	1 Day	Wed	11/6	7-9:30pm	18+ yrs	\$4
443060-11	1 Day	Wed	11/13	7-9:30pm	18+ yrs	\$4
443060-12	1 Day	Wed	11/20	7-9:30pm	18+ yrs	\$4
443060-13	1 Day	Wed	11/27	7-9:30pm	18+ yrs	\$4
443060-14	1 Day	Wed	12/4	7-9:30pm	18+ yrs	\$4

Basketball League

Begins in mid-October

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail at Mlee@sealbeachca.gov.



Softball League

Begins August 13

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or e-mail Mlee@sealbeachca.gov.



Jacki Sorensen's Fitness/Dance Class

Martha Stegen
North Seal Beach Center
3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. Pay \$6 per class online at register.sealbeachca.gov or indicate your date preference on the registration form. No Class 11/28

442030-01	14 weeks	Tue & Thu	9/10-12/12	4:30-5:30pm	18+ yrs	\$142
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M&M Surfing

Michael Pless

Seal Beach, 8th St & Ocean Ave.

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. *Please indicate the 5 days of your choice on the registration form. Register through the Community Services Office or online at register.sealbeachca.gov. Registration will not be accepted at the class.

467061-01	5 Days	Mon-Sun	*9/2-12/1	8am-12pm	All Ages	\$252
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Daily Surf Lessons

467063-01	1 Day	*By appointment Only	3 hours	All Ages	\$67
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467064-01	1 Day	*By appointment Only	1 hour	All Ages	\$52
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*Please indicate your date/ time preference on the registration form.

Chas Surf School Special Events

Chas Wickwire

1st Street Beach @ Ocean Ave

Let us make your event memorable with a surfing theme. Birthday parties start at \$250 and corporate surf and Stand Up Paddle events starting at \$75 per person. All ages are welcome! Surfboards & wetsuits provided. Please call 562- 431-2527 x1306 to arrange your private event and to get a quote.

467054-01	By Appointment Only	9/3-12/6	All ages
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Private Surf Lessons

Chas Wickwire

1st Street Beach @ Ocean Ave

Chas is a perennial City Champion and four time National Champion with over 40 years of surfing experience. Chas' vast surfing knowledge can enhance the quality of surfing experience for all skill levels; the goal of his classes is to provide the building blocks for a lifetime of enjoyment. Learn to surf or improve your skills in our camps or private sessions. Come down and enjoy the Ohana and Aloha of the Chas surfing experience, the fun is guaranteed! The Chas surf School is a Family business celebrating its thirteenth year of operation. All ages are welcome! Surfboards & wetsuits provided. *Please indicate your date and time preference on the registration form or in the note section at the checkout screen. This is a 1.5 hour private lesson.

467050-01	1 Day	Appointment Only (9/3-12/6)	1.5 hour session	All ages	\$77
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REGISTER^{Online}

SealBeachCa.Gov

Register for Seal Beach Community Services classes online from your home 24/7 and it's FREE! You can browse activities and facilities; view your history, reprint receipts, register for classes, renew your swim pass, print a household calendar and more! If you have registered for any classes, camps, or swim passes through our department but have not registered online please call the Community Services Department for your user ID & password. Visit Register.SealBeachCa.Gov



Make Memories with Parks and Recreation!

Reserve City of Seal Beach facilities for private use.

There is a match for your special event such as wedding receptions, reunions, graduation parties or any other festive occasion. For example, the Marina Center and North Seal Beach Center can accommodate up to 150 guests. These facilities are great for baby showers, birthday parties and more. For availability and fee information, please visit our website at www.sealbeachca.gov or call the Community Services Office at (562) 431-2527 ext. 1306. Office hours are Monday- Friday 8-5pm, closed from 12-1pm for lunch. Applications must be submitted at least 30 days in advance of your event.

Community Pool

McGaugh School • 1698 Bolsa Ave., Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527 Extension 1344

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Fall Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department. \$5 pass reissuing fee

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Pay at City Hall Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40 34 swim pass: \$80
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	Unlimited Annual pass: \$200 (No guests)
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	
Monday-Friday	6pm – 6:30pm	Youth	Daily fee: \$2 16 swim pass: \$32
Saturday & Sunday	8am – 9am	Youth	

Private Swim Lessons

Please call Nora Jean Terborch at the pool office at (562) 430-9612 to arrange a private lesson.

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave.

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. Call Recreation office for details. You will burn calories while improving endurance, flexibility and strength.

444010-01	4 weeks	Mon & Wed	9/4-9/30	5:30-6:30pm	18+ yrs	\$45
444010-02	5 weeks	Mon & Wed	10/14-11/13	5:30-6:30pm	18+ yrs	\$55
444010-03	5 weeks	Mon & Wed	11/18-12/18	5:30-6:30pm	18+ yrs	\$55

Renew your swim pass online!



If you have already been issued an electronic card by the Community Services Department and would like to renew your swim pass, visit register.sealbeachca.gov.

Pool Party Rentals

Pool party reservations are only available through September 15. Please call for exact dates.

Information: Enjoy a private pool party for your group, organization or birthday celebration. Pool Party Rentals have a two hour minimum on Saturdays and Sundays only. Rental times and dates are available in the Community Services Office or by calling (562) 431-2527 x: 1344.

Reservations: All paperwork and reservations must be handled through the community services department. You must submit a pool party application and FULL payment in order to reserve a time slot. There will be a fee of \$25 for date changes and cancellations.

Pool Rental Fees	1 Lifeguard (1-20 swimmers and non-swimmers)	2 Lifeguards (21-40 swimmers and non-swimmers)
Seal Beach Resident	\$150 (per 2 hr time slot)	\$180 (per 2 hr time slot)
Non- Resident	\$180 (per 2 hr time slot)	\$210 (per 2 hr time slot)

Classes are taught by Seal Beach Community Services and Los Alamitos High School Tennis Coach, Brian Collison. Players must bring their own tennis racquet, water, and tennis shoes to class. Classes may be combined with others or cancelled, if the minimum is not met. New classes may be created if maximums are exceeded. Please contact Seal Beach Parks and Recreation for questions. (562) 431-2527 x 1344.

McGaugh Campus • 1698 Bolsa Avenue • (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-03	1	9/11-10/16	Wednesdays	Kids Beginning	6	1:15-2pm	4-6yrs	\$72	3	6
433020-04	2	10/30-12/11								
433021-03	1	9/11-10/16		Juniors Beginning	6	2-3pm	7-10yrs	\$72	3	8
433021-04	2	10/30-12/11								

Marina Park • 151 Marina Drive • (562)431-2527 ext:1344

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433021-05	1	9/11-10/16	Wednesdays	Juniors Beginning	6	4-5pm	7-10yrs	\$96	3	8
433021-06	2	10/30-12/11								
433023-03	1	9/11-10/16		Twins Beginning	6	5-6pm	11-15yrs	\$96	3	8
433023-04	2	10/30-12/11								
433022-03	1	9/11-10/16		Adults Beginning	6	6-7pm	16+yrs	\$96	3	8
433022-04	2	10/30-12/11								

Seal Beach Tennis Center • 3900 Lampson Avenue • (562) 598-8624 - Open to the Public

CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-01	1	9/10-10/15	Tuesday	Kids Beginning	6	3:30-4pm	4-6 yrs	\$48	3	6
433020-02	2	10/29-12/10								
433021-01	1	9/10-10/15		Juniors Beginning	6	4-5pm	7-10 yrs	\$96	3	8
433021-02	2	10/29-12/10								
433023-01	1	9/10-10/15		Twins Beginning	6	5-6pm	11-15 yrs	\$96	3	8
433023-02	2	10/29-12/10								
433022-01	1	9/10-10/15		Adults Beginning	6	6-7pm	16+ yrs	\$96	3	8
433022-02	2	10/29-12/10								
CLASS #	SESSION	DATES	DAYS	CLASS TITLE	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-05	1	9/12-10/17	Thursday	Kids Advanced	6	3:30-4pm	4-6 yrs	\$48	3	6
433020-06	2	10/31-12/12								
433021-07	1	9/12-10/17		Juniors Advanced	6	4-5pm	7-10 yrs	\$96	3	8
433021-08	2	10/31-12/12								
433023-05	1	9/12-10/17		Twins Advanced	6	5-6pm	11-15 yrs	\$96	3	8
433023-06	2	10/31-12/12								
433022-05	1	9/12-10/17		Adults Advanced	6	6-7pm	16+ yrs	\$96	3	8
433022-06	2	10/31-12/12								

Beginning tennis is for students with little to no experience.

Advanced tennis is for students who contain knowledge of basic tennis strokes, grips, and ready positions.

JOIN THE FUN!



Tennis

Seal Beach Tennis Center

Junior Programs

- **Pee Wee Program** for players 4-6 years of age designed to introduce children to tennis in a fun and rewarding way.
- **Level 1 Program** for players 7 years and older. This program focuses on proper techniques and fundamentals, with emphasis on developing good sportsmanship and fun.
- **Level 2 Program** for more advanced juniors continues to focus on technique while incorporating more advanced skills and competitive activities.
- **Family Fun Fridays** - Activity open to both adults and juniors of all levels to enjoy match play, games, pizza and lots of fun!

Adult Programs

- **Mickey Yelverton** conducts a workout for players rated 3.5 and above each Monday morning from 9:00 to 10:30 am. Cost is \$15 per person.
- **Chuck Kingman** runs a workout for players rated 4.0 and higher on Saturday mornings from 9:30 to 11:00 am. Cost is \$15 per person.
- **Kevin Garrett** runs an adult clinic every Tuesday and Thursday night from 7:00 to 9:30 pm. Cost is \$15 per person.
- **Tuesday Night Doubles Matches** are held each Tuesday from 7:00 to 9:00 pm. This program is free for Members.

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Attention Leisure World Residents: The City's Dial-A-Ride Program will no longer allow users to make reservations for trips that begin at a user's home in Leisure World to another location inside Leisure World. Leisure World currently operates a shuttle service that transports residents throughout Leisure World.

Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Senior Pinochle Club

Senior Center, 707 Electric Ave.

Free – Drop in – Tuesday 9 a.m. - 3 p.m.

Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialize.



Medicare 101

Cesar Arteaga

Seal Beach Senior Center, 707 Electric Ave.

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

456040-01	1 Day	Mon	9/23	9-11am	64+ yrs	Free
456040-02	1 Day	Mon	10/7	9-11am	64+ yrs	Free
456040-03	1 Day	Mon	10/21	9-11am	64+ yrs	Free
456040-04	1 Day	Mon	11/4	9-11am	64+ yrs	Free
456040-05	1 Day	Mon	11/18	9-11am	64+ yrs	Free

Map & Facilities

Amenity Key Updated December 2012

- Baseball Fields
- Basketball Courts
- Bike Racks
- Bleachers
- Classes Offered Here
- Community Center
- Community Garden
- Drinking Fountains
- Dugout Bench
- Gravel Parking Area
- Gymnasium
- Handball Courts
- Park Benches
- Paved/Striped Parking Spaces
- Pet Waste Dispenser
- Picnic Shelters
- Picnic Tables
- Portable Toilets
- Reservable
- Restrooms
- Soccer Fields
- Softball Fields
- Swimming Pool
- Swing Sets
- Tennis Courts
- Tetherball
- Tot Lot/Playgrounds
- Trash Receptacles
- Volleyball Courts



Map not to scale

Park/Facility L = Lit U = Unlit i = Indoor

1 Almond Park – 4600 Almond Ave. in College Park East	
2 Arbor Park – 4665 Lampson Ave. Behind the WestEd Facility, College Park East off Lampson Ave	
3 Arbor Dog Park – 4665 Lampson Ave. Behind the WestEd Facility off Lampson Ave	
4 Aster Park – Aster St. & Candleberry in College Park East	
5 Beach	
6 Bluebell Park – Almond Ave. & Bluebell St. in College Park East	
7 City Hall & Community Services Office – 211 8th St on the 2nd floor in Old Town	
8 Corsair Park – Corsair Way in Bridgeport	
9 Edison Park – 99 College Park Dr. in College Park West	
10 Eisenhower Park – Ocean Ave. at Main St. in Old Town	
11 Electric Greenbelt – Runs along Electric Ave in Old Town	
12 Fire Station #48, Community Room – 3131 North Gate Rd.	
13 Gum Grove Nature Park – corner of Crestview & Avalon Dr. on the Hill	
14 Heather Park – Heather St. & Lampson in College Park East	
15 Los Alamitos Community Center – 10911 Oak St., Los Alamitos	
16 Los Alamitos/Rossmoor Library – 12700 Montecito Rd. (562) 430-1048	
17 Marina Park & Community Center – 151 Maina Dr. in Old Town	
18 McGaugh School (LAUSD) – 1698 Bolsa Ave. on the Hill	
19 North Seal Beach Center – 3333 St. Cloud Dr.	
20 Schooner Park – Schooner Way & Dory Way in Bridgeport	
21 Seal Beach Police – 911 Adolpho Lopez Dr. (562) 799-4100	
22 Seal Beach Senior Center/Mary Wilson Library – 707 Electric Ave. in Old Town	
23 Seal Beach Tennis Center/Club House – 3900 Lampson Ave (562) 598-8624 www.sealbeachtenniscenter.com	
24 Windsurf Park – Adjacent to the 1st St. Beach Parking Lot	
25 Zoeter Field – 12th St. & Landing Ave. in Old Town	

5 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
211 8th Street
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

2 WALK IN

Open Monday - Friday

Registration in person at Seal Beach City Hall from 8 a.m. -5 p.m. Monday through Friday. Closed daily from 12-1p.m.

3 ONLINE

Register for classes from your home 24/7 and it's FREE! You can browse activities and facilities; view your history, reprint receipts, register for classes, renew your swim pass, print a household calendar and more!

If you have registered for any classes, camps, or swim passes through our department but have not registered online please call the Community Services Department for your user ID & password. Register online at: **register.sealbeachca.gov**

4 FAX

Register by fax with your Visa or Master Card. Fax us 24 hours a day at **(562) 430-3498**. Please have all of your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

5 E-mail

Scan and e-mail your registration to **communityservices@sealbeachca.gov**

Online Registration Begins August 5
Walk-in and Mailed Registration Begins August 12
Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach *Shoreline*? If so, you can email them to Dana at dengstrom@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."



Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee for the class you attended.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.

► A \$26 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1344.

Community Services Department

City of Seal Beach

211 8th Street
Seal Beach, CA 90740
Office (562) 431-2527 ext. 1344
Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
(closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

Community Services Office (562) 431-2527 Ext. 1344 • Office Fax (562) 430-3498

CLASS REGISTRATION FORM

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

☐ Check if address or phone number has changed (For returning participants only)

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
						TOTAL \$	

RELEASE AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

DATED: _____ SIGNATURE: _____

(PARTICIPANT/PARENT OR GUARDIAN)

METHOD OF PAYMENT

MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

☐ CHECK #: _____ CHECK DATE: _____

☐ CASH

☐ VISA  ☐ MASTERCARD 

CARD # - - - EXP. DATE -

SIGNATURE _____ TOTAL CHARGED TO ACCT: \$ _____

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSRT STD
U. S. Postage
PAID
Long Beach, CA
PERMIT #70001



COMMON CAUSES OF BICYCLE AND PEDESTRIAN INJURIES

- Crashing or falling while not wearing a helmet
- Bicyclists on the wrong side of the street
- Pedestrians trying to cross the street mid-block
- Not following traffic signs and signals

SAFETY REMINDERS FOR BICYCLISTS AND PEDESTRIANS

- Stop and look both ways before entering a street, even from a driveway or parking lot. Look left, right and left again before entering the street.
- Make eye contact and make sure the driver sees you before crossing in front of a car.

LAWS FOR PEDESTRIANS

Obey Signals

- Follow all signs and signals.
- Start walking only when "Walk" or white pedestrian is showing.
- If the red hand is flashing, you may continue to cross, but don't start.
- Do not start walking against a "Don't Walk" symbol (VC21456 (b)) or if the red hand is steady.

WEAR A HELMET

Helmets are required for everyone under the age of 18 years when riding a bicycle, scooter, skateboard or skates.

Helmets are strongly recommended for people of all ages.

Wearing a properly fitted helmet can reduce the risk of serious head injury by 85%

For more information on Bicycle & Pedestrian safety please contact The Seal Beach Police Department.

The Seal Beach Police Department

911 Seal Beach Blvd
Seal Beach, CA 90740
Phone: (562) 799-4100


TSCN
TRAFFIC SAFE
COMMUNITIES
NETWORK

